

Quick and easy



# Speedy kedgeree

*Serves 1*

1 medium egg

1 tsp coconut oil

½ onion, peeled and finely chopped

1 tsp curry powder

55g frozen peas

135g cooked brown rice (45g uncooked)

150g smoked haddock

20g yoghurt, such as Greek, natural or soya

Small bunch of parsley, chopped

½ lemon, cut into wedges

## Method

Boil the egg for 5 minutes, drain and run under cold water to stop it from cooking further. Peel the shell away and cut the egg in half (if you prefer the yolk to be more set, add a couple of minutes to the cooking time).

Heat the coconut oil in a deep frying pan, add the onion and fry for 5 minutes until soft. Add the curry powder and fry for a minute. Stir in the peas, rice and a splash of water then cook for a couple of minutes to warm through. Meanwhile lay the fish on a plate, cover with clingfilm and microwave on full power for 2–2½ minutes until cooked through.

Remove the pan from the heat and stir in the yoghurt and parsley. Flake the haddock into the pan, carefully fold into the rice along with any cooking juices then spoon everything into a serving bowl. Top with the halved egg and serve with the lemon wedges.

## Tip

If you prefer to cook the rice from scratch, boil it according to the packet instructions then weigh out then spread out on a baking tray or plate and leave to cool completely.